



## Pasta with Spinach and Ricotta Sauce

READY IN



30 min.

SERVINGS



30

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 slices oscar mayer bacon 1-inch-thick cut into slices
- 0.1 tsp pepper red crushed
- 10 oz pkt spinach frozen thawed drained chopped
- 3 cloves garlic minced
- 1 cup milk
- 1 onion chopped
- 0.7 cup parmesan cheese grated kraft
- 1 lb pappardelle pasta uncooked
- 2 large plum tomatoes chopped

- 15 oz polly-o original ricotta cheese

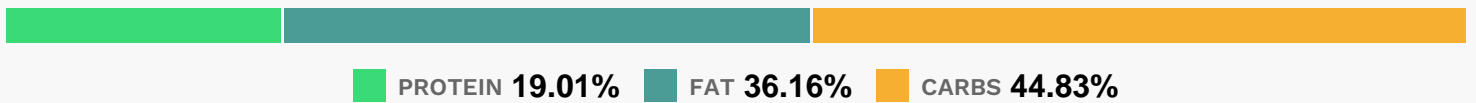
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.
- Add onions and garlic to reserved drippings; cook 2 to 3 min. or until crisp-tender, stirring frequently.
- Add ricotta, milk and Parmesan to onion mixture; cook 2 min., stirring frequently. Stir in spinach; cook on medium-low heat 2 to 3 min. or until heated through, stirring occasionally.
- Add tomatoes, crushed pepper and bacon; mix well.
- Drain pasta.
- Add to spinach mixture; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:6.8, Glycemic Load:4.93, Inflammation Score:-7, Nutrition Score:7.1778260832248%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 114.61kcal (5.73%), Fat: 4.63g (7.12%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 12.01g (4.37%), Sugar: 1.04g (1.16%), Cholesterol: 24.77mg (8.26%), Sodium: 84.01mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin K: 35.8µg (34.1%), Vitamin A: 1251.03IU (25.02%), Selenium: 16.12µg (23.03%), Manganese: 0.21mg (10.69%), Phosphorus: 92.53mg (9.25%), Calcium: 78.45mg (7.84%), Folate: 21.25µg (5.31%), Magnesium: 20.43mg (5.11%), Vitamin B2: 0.09mg (5.05%), Zinc: 0.69mg (4.59%), Vitamin B6: 0.08mg (4.06%), Fiber: 0.89g (3.58%), Vitamin B1: 0.05mg (3.57%), Potassium: 123.08mg (3.52%), Copper: 0.07mg (3.43%), Iron: 0.57mg (3.15%), Vitamin B12: 0.18µg (3.01%), Vitamin B3: 0.54mg (2.7%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.24mg (2.41%), Vitamin C: 1.45mg (1.76%), Vitamin D: 0.19µg (1.24%)